

WAR DIET CUTS DOWN FAT MEN

Adipose Parisian More Normal as
Result of Rationing.

HEALTH ALSO IS IMPROVING

Simpler Life and Curtailment of
Drink Having Beneficial Effect—
Forcing People to Walk More
Causes Improvement in Health—
Deaths From Tuberculosis Decreasing, According to Statistics.

It took a war and restriction in the consumption of food to demonstrate that Paris was too fat and ate too much, writes Milton V. Sauter in the New York Sun. That formerly it pampered its stomach to such an extent that its health was affected and its death rate swollen is shown by the figures published in the Weekly Bulletin of Municipal Statistics. Undoubtedly, the same conditions apply to all France, to a lesser degree, however, as the provinces have not been as greatly affected by restrictions on meat and flour, being nearer the sources of production. But the health of the capital has distinctly improved under the war regulations affecting diet and habits of life.

The figures in the Bulletin are official and show that for the month of June the deaths in Paris numbered 545, compared with an average of 593; for July, 592, compared with 815; for August, 585, compared with 703; for September, 587, compared with 688. In the winter the number of deaths will more nearly approach the average, owing to winter maladies which are less affected by food conditions.

Population Not Decreased.

The question will be raised immediately: Does not this decrease in the total number of deaths simply mean that Paris now has fewer people? The municipal statistical service, although an exact census of the actual population of Paris, fixed and floating, is impossible, says no, for the following reasons: First, in the five preceding years from which the average figures were computed there were two and a half years of war; second, in place of the men gone to the front Paris now has thousands of refugees, foreigners and workmen from the provinces. Besides, the high rent to the front represents the healthiest portion of the population, while the proportion of those least able to resist disease, children and old persons, to say nothing of refugees, often much weakened, has been increased.

There are also certain restrictions not of an alimentary nature that tend to be considered in accounting for the betterment of the general health. The decrease in deaths of locomotion, fever, and other diseases, is due to the fact that the reduction in street lighting and the closing of the restaurants and cafes at 9:30 have been responsible for more home life, which means that much less time spent in cafes, theaters and bars going out at night, consequently to other places which with some persons leads to alcoholic excesses and for others offers numerous chances of contracting contagious diseases such as grippe and pneumonia.

More Daylight a Benefit.

Finally the putting back of the clock one hour during more than half of the year has had the most beneficial effects. People have stayed longer out in the sunlight—the great purifier of the air of cities and the destroyer of noxious germs, which work best in shadow and darkness.

The direct results of the food restrictions, which have affected nearly

every one, were due to the following causes: The rise in the price of cereals, the decrease in the consumption of bread, principally because the best war bread was unpalatable, and the rationing of sugar, meat and fish.

A curious effect, aside to every one, was that many people grew thinner. Outside of the general decrease in the usual amount of food because of increased cost this loss of fat can be largely attributed to the lessened consumption of the foodstuffs which are the principal factors in putting on fat—bread and sugar and pastry, which last unites the combined effects of sugar and flour. This loss of fat will benefit the health of a city, as those thus affected compose that part of the population which each year furnishes the greatest percentage of deaths attributed to diabetes, arterio sclerosis, heart and kidney troubles.

Plenty of Food for All.

At the same time there is plenty of food for all, the only hardships imposed by the restrictions being felt by persons in delicate health who are deprived of delicacies. Persons with normal appetites are not affected by the restrictions. The general result has been an improvement in the general health.

As to the victim of a disease in which loss of weight is serious and a generous diet necessary, for example, tuberculosis, they too seem to have benefited by the restrictions. This may be only apparent and due to the fact that invalids of this class are largely in hospitals where they lack for nothing or may have left Paris for the country where life is easier. But statistics, which do not lie, show that the number of deaths from tuberculosis has been much less than the number in preceding years.

It is many years since so few consumptives died in Paris as this year. There are months, as in August, for example, where, as against the usual average of 153 the weekly deaths have been 115, 125, 117 and 93, or for the entire month a total of 461, compared with the average of 612.

DOG'S FINE COFFIN

Buried in One That Was Trimmed
With Velvet and Silk.

High cost of living did not interfere with the plans of Mme. Riti Elan, an operatic star, when Kiki, her Pomeranian dog, died suddenly at Mont Clemens, Mich. The dog was of aristocratic parentage, coming from the royal kennels of Bulgaria.

The madame engaged the services of a veterinarian as well as of a nurse, who remained on duty constantly.

When notified of the dog's passing, Mme. Elan broke down with grief. She ordered a special basket of white velvet with silk trimmings and the pet was encoined. Thomas Dineen of the hotel was a hand of virtue on his own to help prepare the famous singer's grief, and burial was in a rose garden. Mme. Elan ordered a granite slab to mark the resting place of her pet. Huge floral pieces sent by guests are resting on the semi-made grave. The cost of the funeral was over \$75.

SONS UNDER THREE FLAGS

One Woman Has Four Engaged in War Service.

Mrs. Katharine Hoff, of Valley Falls, Kan., has not only given four sons to the war, but these sons are following the flags of three nations. Two sons are in the German army, one is in France, interned at the beginning of the war, and the other is training with the American army at Camp Kearny, Cal.

The son interned in France is in northern Africa, where he has charge of some gardens. Mrs. Hoff hears from him occasionally, but has received no word from the two sons in Germany since the outbreak of the war. She probably will not hear from them again until the war ends.

Adolf Hoff, who decided to follow the Stars and Stripes, used to live in Valley Falls. He enlisted last spring.

"DE LUXE" NOW CARRIES TAX

France Has New Measure to Raise
Additional Revenue.

In the latest supply bill voted by the French chamber of deputies, which is intended to raise \$200,000,000 additional revenue, there is one curious clause that creates a distinct class of purveyors of public comforts.

A tax of 10 per cent on all taverns for lodging, accommodation, food, drink in first-class establishments of any kind, in hotels, restaurants, cafeterias, canteens and refreshment stands will be imposed. A list of such establishments will be drawn up by local committees appointed by the commercial tribunals. As compensation for this tax all such establishments will have the privilege of styling themselves "de luxe." No other establishments will, by law, be allowed to call themselves "de luxe."

SELL COFFEE FOR LIQUOR

Negroes in Oklahoma Take Advantage
of Scarcity of Booze.

Several negroes here are taking advantage of the extreme scarcity of liquor of all kinds and are making a good living selling coffee at the usual liquor price, \$6 to \$8 a quart.

The plan is to get a stranger and offer to sell him a quart of liquor at a good price. The coffee is bottled and wrapped in a newspaper, and the purchaser thinks he has good liquor until he takes a "nip."

There is no redress in the law, but several men have been heard to threaten to punch a certain negro if they catch him.

FILIPINISLANDERS EAGER TO HELP IN GREAT WAR

Contingents Enlisted to Aid the
Mother Country Against
the Germans.

The Filipinos are doing their "bit" toward helping their mother country, England, and the allies win the war, and already several contingents of Filipinos have gone to the front, as well as two detachments of natives, each 100 strong, who are now engaged in transportation work in France. Advances reaching here recently show that the officers of the allies are quick to select members of the Filipino contingents for commissions.

For some time earlier in the war there was some doubt as to whether men would go officially to the front from the Philippines. In fact, brooked the delay and decided to go direct, either by way of the Commonwealth of Australia, or the Dominion of Canada. Those first men were the pick of the colony's best in physique and height, and those who have gone since were the result of a careful choice made so that they would be represented by the best of her manhood.

These men have been accustomed to the open air and, in a measure, were in the Philippines because of the spirit of enterprise was well developed in them. There is nothing surprising about the honor the men from the Philippines have gained and the reputation they have made for themselves. It is generally believed that the percentage of men in the Filipino contingents and reinforcements who have gained commissions will compare favorably with any other unit formed or dispatched under similar circumstances.

WOMAN CARRIES MAIL

Takes Her Husband's Job When He
Joins the Service.

Patriotic cooperation of the post office department with Postmaster John F. Bachinger of Plymouth, Va., has resulted in the appointment of Mrs. Conrad Kramer as mail carrier of Route No. 1 in that town. Mrs. Kramer will be permitted the use of a horse and carriage in delivering mail.

The departure from old rules was taken for the reason that Mrs. Kramer was recently married, just prior to the time when her husband enlisted in the army and was assigned to service. In accordance with the rules of the department, the first substitute carrier on the list of eligibles was appointed, but immediately a request was made that Mrs. Kramer be appointed without examination until such time as her soldier husband could return to duty. The post office department acceded to the plan, and the young woman will go on duty immediately.

THE PATH OF THE HUN

By Clinton Scollard
of The Vigilantes.

Only a ravaged earth
Where the grass runs wild,
And an old bent woman there
With a little child.

Only a shattered tower
Bereft of its bells,
Where, with its sealed lips,
Gray silence dwells.

Only a fresh-heaped mound
With its grim pathos,
And a blood-stained cap
On a wooden cross.

Only the creeping wind
And the shrouded sun;
Only the pale bloom,—this
Was the path of Hun!

WHEAT FOR DUCK BAIT

30,000 Pounds of It Owned by Wealthy
Men Seized.

Thirty thousand pounds of wheat belonging to "wealthy men of Portland, Seattle and other places" has been seized by agents of the federal food administration, according to announcement made by W. K. Newell, acting food administrator for Oregon.

The wheat was found in storehouses on game preserves along the Columbia river, and was being used to bait wild ducks. No one would give the names of the owners.

Sportsmen were requested by the food administration before the opening of the wild duck season not to use wheat as food for ducks.

AUSTRIANS WANT FLAG

Miners Refuse to Work Until American
Emblem Is Displayed.

Austrian miners in Crawford county, Kansas, caused much apprehension a few days ago when they threatened to strike and tie up the coal mines. Investigation by federal authorities revealed that the miners refused to work unless an American flag was displayed in each mine.

The mine operators quickly complied with the demands. The Austrians then returned, each man saluting the Stars and Stripes as he entered the mouth of the mine.

Find Mastodon Teeth.

Thousands of curious persons are gathering at the home of John Dennis, near Arkansas City, Ark., to inspect the two big teeth found in a sandpit near his home and said to be the teeth of a mastodon. That a mastodon, a huge prehistoric animal, died in this vicinity is the general belief and an exhaustive investigation will be made under the direction of the University of Arkansas faculty.

ELECT

CHESTER CONE

CITY CLERK

An Experienced Bookkeeper Who Will Devote His
Entire Time and Attention to the Office and
Give Clovis An Efficient Administration

The City Clerk's work is of a clerical nature and he has no direct voice in making the rules and laws for the city.

However the office itself carries with it more or less influence and I think it is right that the voters should know how that influence is going to be used by the man elected to fill this office. Hence I take this method of stating where I stand.

If elected clerk and chosen bookkeeper for the water and light office my entire time and attention will be devoted to that work. All accounts will be kept neatly and correctly and I shall make special efforts to see that all bills are collected and that every citizen receives the same fair treatment—rich and poor alike.

If the council will permit I shall publish monthly statements showing each month the exact amount of money received, the exact amount expended and what it was for. The people of Clovis own the water and light plant and I think they are entitled to statements the same as stockholders in corporations are.

The railroad and laboring people comprise a great per cent of the city's population. They are entitled to representation on the city council and I believe it is our duty to see that they receive their just recognition at this city election, and that they have representatives on the council at all times.

The health and protection of the city and the comfort and convenience of the people demand the extension of water and fire mains, the placing of additional lights, side walks, etc. The entire residence portion of Clovis might be destroyed any day because of a serious lack of fire mains. Since these things are absolutely necessary and the only way to get them is through a bond issue. I am in favor of voting for the bonds.

I stand for things clean and straight and against all things crooked and unclean in the city. Whiskey, saloons, boot-legging, gambling and such things are a detriment to any community. There is no place for them in the building of a modern American city, and they are certainly not essential to the welfare of Clovis.

Politically I am a Democrat. I was raised in a Democratic home and have never been anything else. This is not a political fight and I do not appeal for votes because I am a Democrat, but I think it right that all should know where I stand in that respect.

I am an American first, last and all the time. I believe that all German spies operating in this country should be hanged and the so-called "Pacifist" put in the front ranks of the army.

I appreciate the confidence shown in tendering me the nomination for city clerk, and if elected will endeavor to conduct the office so that not a citizen of Clovis will be disappointed.

CHESTER CONE.

(POLITICAL ADVERTISEMENT)

WOMAN COMMUNITY FUEL ADMINISTRATOR



When a resident of White Plains, N. Y., discovers he needs a ton of coal he learns he cannot have it unless a woman says so. That woman is Mrs. Henry C. Henderson, who has been appointed community distributor by the county fuel administrator. This photo shows Mrs. Henderson at her desk at the fuel administrator's headquarters.